

Virtual Wellness Retreat

Join us from 10 a.m. to 1:15 p.m. Nov. 16-20 for a series of fun, relaxing webinars for people with dementia and their family caregivers



Webinars will include:

- Music
- Meditation
- Fun with pets
- Mindfulness exercises
- A cooking demo
- A virtual exploration of Italy
- Art activity
- Sessions in Spanish on Nov. 18



To register, [click here](#) or call the Alzheimer's Association at 800.272.3900.